

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

DECEMBER 3, 2004



Cpl. Megan L. Stiner

Marine Aircraft Group 24 Bandits' star running back Mike Hershfelt charges through the Headquarters Battalion Warriors defensive line trying to gain a first down during this year's Intramural Football Championship game Tuesday. The Bandits defeated the Warriors 21-6. Hershfelt played a key role in the success of the Bandits throughout this year's season by gaining countless yards and scoring many touchdowns which helped bring the Bandits into the championship game.

## MAG-24 takes championship

**Cpl. Megan L. Stiner**  
*Combat Correspondent*

The Marine Aircraft Group 24 Bandits defeated the Headquarters Battalion Warriors 21-6 in a near shutout victory during the Intramural Football Championship game Tuesday at Pop Warner Field. Although Bandits kicker Tim Legros proved yet again to be the best kicker in the league, it was a combined team effort that brought MAG-24 to the championship title.

Both teams came onto the field with intensity and pride, but it didn't take long before spirits began to dampen for the Warriors.

The Warriors had possession of the ball for nearly the entire first quarter of the game. But during their ownership, quarterback Kevin "K-mart" Martin and the rest of the offense couldn't find their way through the Bandits defensive line to the goal.

Eventually, after the Jones duo of Shawn and Armah Jones (no relation) worked the ball up the field, a fumble gave possession to the Bandits on the Warriors' 40-yard line.

Bandits quarterback Keino "Smoke" Thomas and receiver Mike Hershfelt wasted no time beginning their domination of the field once they had possession of the ball. The offense quickly made up ground nearly within touchdown range, but



Cpl. Megan L. Stiner

MAG-24's Commanding Officer Col. Michael Love holds up the Bandits' championship trophy, presented by Sgt. Maj. Anthony E. Franks, the base sergeant major, during the awards ceremony Tuesday.

were held off by the Warriors. Unfortunately for the Warriors, yards were no distraction for Legros, and he easily kicked in a 43-yard field goal to put the first numbers on the board.

The second quarter began with the Warriors attempting to make up the three-point difference by fighting their way into the end zone. But the hungry offense just couldn't make the plays and get through the defense. They were forced to call

in kicker Gearold Provence to punt the ball.

The Bandits, yet again led by Thomas and Hershfelt, gained yards quickly with the hopes of a touchdown, but were greeted with resistance from the Warriors defense. In the end, they were again forced to call on Legros to attempt a field goal. The ball effortlessly sailed through the posts and the Bandits took a 6-0 lead.

With less than a minute left in the half the Warriors came on the field with more drive and intensity than they displayed during the rest of the first half combined. Right away, Martin made quick passes to both David Borrego and Provence.

By the time they had established a good position on the field, the time was running out for the half. Martin threw a pass intended for Borrego, but the ball ended up getting tipped by the defense. What should have been an incomplete pass turned into an amazing play for the Warriors though when S. Jones grabbed the ball out of the air off the tip and ran it for a first down, putting the Warriors within scoring distance. An incomplete touchdown pass into the end zone ended the first half with the Bandits still leading.

Coming out of the half, the Bandits seemed to feel the need to display their dominance once again and they did so by repeatedly handing the

*See FOOTBALL, C-6*

## Adventure Race on its way to Kualoa

**Press Release**  
*Adventure Race Hawaii*

On Dec. 19 at Kualoa Ranch, Adventure Race Hawaii will be hosting the Sprint Adventure Race Two.

The four to six hour race consists of hiking, mountain biking, kayaking or one-person canoeing, ropes, rappelling, a mystery team builder, and an environmental project.

Teams of two or four people will be provided with a map and coordinates. Using their navigation skills each team will be required to find these locations in a prescribed order.

Also known as eco-challenge, this is one of the fastest growing sports in the world and Hawaii is the perfect location for a race.

Adventure Race Hawaii was established to provide safe, fun, challenging and affordable adventure racing opportunities in Hawaii while elevating environmental sensitivity awareness, health and well-being, personal achievement, and adventure racing experience.

Because adventure racing is growing so quickly, and is relatively new to Hawaii, ARH is committed to spreading the word and generating interest to bring more than just the current active multi-sport community out to Kualoa Ranch.

ARH provides an event that everyday hard-working individuals can finish, and reenergize themselves about life and goal accomplishments that they never thought were possible.

Certification in Rope Skills (rappelling) and Water Skills (kayaking, canoeing) are required for the race, but ARH has organized training clinics to help competitors prepare.

Mountain Bike and Navigation Skills (using topographical maps) clinics are also available.

There are minimal gear requirements for safety, but all of these items are being offered at a discount at the ARH retail outlet at 330 Cooke Street, in downtown Honolulu.

All team members completing the ropes must have climbing gear, however, not all members are required to complete the ropes. Each team must also have one survival gear kit.

The competition will include different categories like military, mixed, men's, women's, and families. The race will conclude with a big awards party, live music, and food and drink.

To encourage military participation in the upcoming Dec. 19 race, Adventure Race Hawaii is offering to

*See RACE, C-6*

## Turkey Burn Off melts away holiday calories

**Cpl. Jessica M. Mills**  
*Sports Editor*

Three hours of strenuous, cardio aerobics may sound like self-imposed punishment to some, but more than 60 service and family members felt the sweat session during the 3rd Annual Turkey Burn Off Friday at the Semper Fit Center was just the ticket to melt away those extra holiday pounds.

Besides exercise, the event also had another mission to fulfill — charity. The entrance fee to the four-session aerobathon was a new unwrapped toy, which was donated to the Marine Toys for Tots Foundation run by Fourth Force Reconnaissance here. By the end of the morning, Fourth Force Reconnaissance had two large boxes of toys donated to the program.

Besides delivering tighter abs and aching thighs, the aerobathon also offered free massages provided by Ann Tramuta and Yumi Matsushita, both massage therapist students from the American Institute of Massage Therapy.

"Keeping all the deployments in consideration, this was a really great turnout. The numbers are even better than last year," said Regina Reiche, the assistant manager of the Semper Fit Center. "With all the prizes donated from businesses here and in Kailua, everyone received a door prize. We really appreciated all the sup-



Cpl. Jessica M. Mills

Eloise Lurito, left, a family member here, works up a sweat in the Butt Cut Class during the 3rd Annual Turkey Burn Off, a three-hour aerobathon, Friday at the Semper Fit Center. More than 60 men and women participated in the event and donated a new, unwrapped toy to the Toys for Tots Program.

port we received for this event."

A total of eight instructors volunteered their time for the entire morning to lead the individual classes. With a total of 12 classes separated

into the four sessions, some of the instructors volunteered to teach multiple classes that morning. When the instructors were not leading a class, they were also participating, prov-

ing that everyone needs a little help during the holidays.

"My daughter is an instructor here so we decided to do it together, and I really needed the cardio after Thanksgiving," said Eloise Lurito, a family member. "Today has been somewhat enjoyable. I love the group thing, you really get energy from the whole group, and it makes it fun. When you exercise alone it's boring and you usually quit sooner."

Although not everyone made it through the entire three hours, everyone tried their best to keep up with the trainers — who were definitely challenging the classes.

"I feel like this really made a difference and will help me get into shape. I am energized," said Laura Flemmings, a family member. "The workout has been challenging. They might even think about easing up a bit, but in the long run that is a good thing."

At the end of the three-hour torture session, a drawing was held to award the grand prizes away to those still present. Some of the larger prizes included a one-year pass to the Honolulu Zoo, passes to Sea Life Park, free meals at numerous restaurants, and much more.

For those still interested in donating, the Semper Fit Center will have their Toys for Tots donation bins set up throughout December to collect new and unused toys for the needy. For more information, contact the Semper Fit Center at 254-7597.



# BASE SPORTS

## December 3 / Today

**Women's Intramural Basketball** — Marine Corps Base Hawaii Intramural Sports is looking for female Marines and Sailors to play basketball.

In the past years there have not been enough females to have an intramural basketball league. There needs to be at least four teams to start the league.

As you know, basketball requires five players to a team, but it would be beneficial to have at least six on a team.

If you are interested, contact Sgt. Melissa Jacobo during working hours at 257-5184 ext. 236 or Joe Au at MCCS Intramural Sports at 254-7591. If there are enough female players the season will start mid January.

## 8 / Wednesday

**Free Honolulu Marathon Transportation** — The 32nd Annual Honolulu Marathon will be held on Dec. 12, starting at 5 a.m.

Register for the Honolulu Marathon by Wednesday at the Semper Fit Center.

The bus departs at 3 a.m. on Dec. 12 at the Semper Fit Center, and the return bus departs Kapiolani Park at 12 p.m.

Marine Corps Community Services will provide a MCB Hawaii finishers tent with refreshments. Call 254-7590 or 257-7591 for more information.

## 10 / Friday

**Great Aloha Run On-Base Registration** — Representatives from the Great Aloha Run will be at the Marine Corps Exchange on Dec. 10 from 10:30 a.m. until 1 p.m. registering people for the Feb. 21 race.

For more information, call MCCS Athletics at 254-7590/91.

## 20 / Monday

**Winter Junior Sailing Lessons Offered** — Hey kids! Looking for something fun to do this winter break? Learn to be the skipper of your own boat with the Base Marina's Junior Sailing Lessons.

The two-week course is for ages 8 – 18, and runs Monday through Friday,

Dec. 20 – 31.

Choose from a 9 a.m. to 12 p.m. course, or from 1 to 4 p.m. This course is only \$99, and makes the perfect holiday present.

Call the Outdoor Recreation Center, which houses the Base Marina, at 254-7666 for more information.

### Holiday Tennis Program

— From Dec. 20 – 23, and again on Dec. 27 – 30, the Marine Corps Tennis Shop will be hosting the Holiday Tennis Program.

Junior Beginner, Intermediate and Advanced courses are all offered. The course of instruction consists of eight lessons for \$100 for the Junior Beginner and Advanced Beginner. The Junior Intermediate and Advanced course costs \$160. Class times vary so call the Marine Corps Tennis Shop at 258-8081 for further information, or stop by the Tennis Shop in building 1255.

## 22 / Wednesday

**Staff NCO Golf Tournament** — Swing into the New Year with the four-man scramble best ball golf tournament.

The tournament is open to Staff NCOs of all services, family members and sponsored guests. There will be a shotgun start at 7:30 a.m. followed by heavy pupus and refreshments. Prizes will be awarded for first, second and third place teams, longest drive and closest to the hole.

The entry fee is \$42 for Staff NCO Club members, \$48 for nonmembers, \$55 for field grade officers and \$60 for guests.

For more details or to sign up, call 254-5481 or 1st Sgt. Drinkwater at 257-2600.

## Ongoing

**Hot Rock Massage Therapy** — Heat up your mind, body & spirit with Hot Rock Massage Therapy, only available through Victoria Stonesifer.

Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp Smith.

The massage therapy program will help relieve your mental and physical fatigue and improve your overall

circulation and body tone.

Choose from Shiatsu, pregnancy massages, Swedish, sports, and deep tissue massages from the qualified staff of massage therapists. Perfect for gifts!

Appointments are available by calling the K-Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

**Gone Fishin'** — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the base marina, the charter contractor has two different boats to accommodate all of your fishing needs.

Check out its newest boat, the Bill Collector, built for charter fishing at its finest and most comfortable. Call 254-7667 for more information.

**Inexpensive, Fun Entertainment** — Look no further for economical entertainment, as Mondays through Thursdays, all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game.

This discount is good for open play, and does not qualify for tournaments, leagues or unit functions.

Call the K-Bay Lanes now to get the spin at 254-7693.

**Color Pin Special** — Every Wednesday, roll a strike when a colored pin is in the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. If you make the play, you win!

**Parents for Fitness** — This cooperative baby-sitting effort is available at the Semper Fit Center, for children ages 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 235-6585 for more information.

**Paintball Hawaii** — Near the Lemon Lot, by the intersection of Harris Road and Mokapu Road, lies Paintball Hawaii.

Shoot over for the great deals and have a blast.

Cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee.

Players can purchase paint at the field for \$45 – \$50 for a case of 2,000 balls.

The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283 for Friday appointments.

**Junior Lifeguards** — The base pool is currently offering Junior Lifeguard instruction for the youth at MCB Hawaii. Let your kids enhance their skills and abilities in the water, plus gain confidence and experience that can lead to a job.

Contact the base pool at 254-7655.

**Take the Plunge** — Wet your feet and beat the heat at any one of four MCCS pools that serve your swimming demands. Splash to the K-Bay main pool at building 981, the Hilltop Pool at building 502 (for O' Club members only), the Camp

Smith pool at building 125, or the Manana Housing pool in building 840.

**Okinawa Kenpo Karate** — Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in building 1391, located behind the 7-Day Store.

Adults and children are welcome, and costs are only \$35 for adults and \$25 for children. Additional family members cost \$20.

Call MCCS Youth Activities for information at 254-7610.



## Tim Legros

**Unit:** Marine Heavy Helicopter Squadron 363, Marine Aircraft Group 24

**Billet:** Air Framer

**Hometown:** Tampa, Fla.

•Legros played on the MCB Hawaii soccer team when they won the regional championships in Okinawa, Japan, two years ago.

•He became involved in football after someone requested him to be the kicker for the MAG-24 team three years ago.

•He was named this year's most valuable player for the season, which he also won two years ago for MAG-24.



# COMMUNITY SPORTS

### HTMC to Hike Kaena Point Saturday

Tidal pools compete for interest with an old cane-haul railroad easement on this sunny 4-mile hike. An automated lighthouse guards the remains of the old one, while native plants carpet the strands and sands of this westernmost point of Oahu. Be careful of any nesting shorebirds and stay on the path.

Watch out for big waves, bring a hat, sunscreen and lots of water. Reach coordinator Phil Booth at 382-4709 for detailed information.

Adventurers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember, age 18 or over. A responsible adult must accompany children under 18.

Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios and other audio devices are prohibited on hikes.

Check out the HTMC Web site at [www.geo.cities.com/Yosemite/Trails/3660](http://www.geo.cities.com/Yosemite/Trails/3660) for more information.



### HTMC to Hike Manana Ditch Sunday

This 8-mile trail is unfondly referred to by a name which rhymes with ditch, because it's nobody's favorite! There are a seemingly endless array of grueling uphill and steep downhill with many junctions to lead you astray.

Watch for those trail ribbons. Look for an impressive tree with huge buttress roots. For detailed information, call coordinator Arnold Fujioka at 625-9431.

Adventurers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember, age 18 or over. A responsible adult must accompany children under 18.

Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios and other audio devices are prohibited on hikes.

Check out the HTMC Web site at [www.geo.cities.com/Yosemite/Trails/3660](http://www.geo.cities.com/Yosemite/Trails/3660) for more information.

### State Offers Outdoor Education

The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and

archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is Dec. 10 from 5:45 to 10 p.m. and Dec. 11 from 7:45 a.m. to 4 p.m. in classroom A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. Drive up the ramp to the classroom, which is the first room on the right.

A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200 or visit [www.hawaii.gov/dlnr/Welcome.html](http://www.hawaii.gov/dlnr/Welcome.html).

### Try Fitness Hosts Off-Road Run

Try Fitness is proud to present the 1st Annual Off-Road 8K Challenge, Dec. 18 at 6:45 a.m.

Come join in the fun of an off-road adventure. The route, which is just more than five miles, will take you off-road into the hills and valleys of beautiful Kualoa Ranch. Everyone age 14 and over is welcome.

Entry fees are \$25 for individual participants and military, until Dec. 1. After Dec. 1 entry fee is \$35 (T-shirts are not guaranteed for late registration). Packet pick-up is Dec. 15 – 16 from 2 – 6 p.m. at Island Triathlon and Bike, 569 Kapahulu Ave., Honolulu.

Awards in the Off-Road 8K Challenge will be given to the top three male and female finishers overall and the top three finishers in each age group starting at age 14. Awards will also be given to the top three male and female active duty military finishers.

To register print an application from [www.tryfitnesshawaii.com](http://www.tryfitnesshawaii.com) or register online at [www.active.com](http://www.active.com). For more information call Try Fitness at 946-0346.

### Adventure Race at Kualoa Ranch

This, the second of three main series races on Oahu will further test racers' skills in adventure racing and will include some night time operations. Race 2, Dec. 19, will consist of hiking and trekking, orienteering and navigating,

kayaking, ropes, mountain biking, an environmental sensitivity project and a mystery team builder.

It will be completely self-supported in a team format and will last approximately 4 – 6 hours. The Adventure Race Hawaii Sprint Adventure Race is a USARA sanctioned race.

Advanced certifications in ropes and water will be required. Each certification clinic is \$25 and clinics are offered the day before the race at Kualoa Ranch at the following times. If you have prior open ocean and wave surfing Kayaking experience as well as fixed rope ascending and traversing experience you will need to provide a list of your levels of experience if not you will be required to attend the ropes and kayaking certifications.

Registration is currently underway online at [www.active.com](http://www.active.com) or adventurers can register the day prior to the race, Dec. 18, at Kualoa Ranch.

Entry fees are \$170 for two person teams and \$330 for four-person teams. Military participants are \$153 for two-person teams.

Visit [www.adventureracehawaii.com/race2\\_overview.php](http://www.adventureracehawaii.com/race2_overview.php) or call 591-9839 for detailed race information.

### Registration open for 2005 JAL Honolulu Triathlon

Registration for Honolulu's premier triathlon — the 2005 JAL Honolulu Triathlon — is now open online at [www.honolulu.com](http://www.honolulu.com).

The race will be held April 17, and will begin and end at Kapiolani Park. Mail-in registration forms can also be found in *Athletes Hawaii Magazine*, which is available at most Hawaii sporting goods stores.

The registration fee is \$75 for individuals and \$100 for teams until Feb. 28. After Feb. 28, the registration is \$100 for individuals and \$125 for teams.

The JAL Honolulu Triathlon is an open age group (amateur) race that will be held the day after the International Triathlon Union JAL Honolulu World Cup on April 17.

For more information, visit the JAL Honolulu Triathlon Web site at [www.honolulu.com](http://www.honolulu.com).

### Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs.

For more information, call Turtle Cove at 259-4121 anytime from 8 a.m. to 8 p.m. (Bring bottled water and sunscreen for outdoor activities.)

•*Saturdays at 8 a.m., Morning Paddle:* Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Advanced skill level is required.

•*Saturdays at 1 p.m., History Tours by van:* Learn about and see significant historical landmarks on Bellows Air Force Station.

•*Sundays at 8:30 a.m., History Tours by bike:* Ride into off-limits areas on mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Day rental of bikes and helmets is included. Wear closed-toe shoes.

•*Mondays at 8:30 a.m., Hike to Makapuu:* Take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse. Wear closed-toe shoes.

•*Tuesdays and Thursdays at 10 a.m., Lei Making:* Pick your own flowers to use in making beautiful lei and enjoy ancient Hawaiian folk tales and stories.

•*Wednesdays at 6:30 a.m., Bikram's Yoga:* Gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.

•*Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:* Discover the magnificent underwater world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are included.

•*Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:* Master ocean-kayaking skills including water safety and efficient paddling techniques in this two-hour class.

•*Thursdays at 9 a.m., Beach 101:* The whole family can attend this fun class.

•*Fridays at 1 p.m., Bodyboarding Lessons:* Learn how to catch and ride the waves. Free day rental of boogie board is included.

### Hawaii Marine Accepts Sports and Recreation Briefs

Advertise sports and recreational activities of general interest to the DoD community in the *Hawaii Marine*.

E-mail items to [editor@hawaiimarine.com](mailto:editor@hawaiimarine.com), or call the *Hawaii Marine* at 257-8836 or 257-8837.







# The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “**If you don’t speak up, you won’t be heard.**”)

## What will Steve Spurrier do for USC?

**Sgt. Joe Lindsay**

*The Goat*

“Meet the new boss, same as the old boss.”  
— The Who

Though Roger Daltrey and Pete Townshend surely didn’t intend their most famous of lyrical lines as a compliment, in the case of the South Carolina football program we just might have to make an exception.

That’s because the legendary Lou Holtz recently stepped down as South Carolina’s head football coach to pave the way for another legend — Steve Spurrier.

The “Fun-N-Gun” Spurrier has taken over to rejuvenate a Gamecock program after the 67-year old Holtz decided to step down citing that he was “tired.” About the only thing that’s going to be tired come the 2005 college football season are opposing defensive backs, as Spurrier is all about letting the ball fly deep again and again.

It is easy to be cynical when it comes to Spurrier taking the South Carolina job, especially considering his two-year fiasco with the NFL’s Washington Redskins and the fact that he probably would be back in Gainesville right now if Florida Athletic Director Jeremy Foley hadn’t dropped the ball with his insulting, “We will discuss this job with a number of coaches, and obviously if Coach Spurrier is interested, we will sit down with him,” state-

ment.

Foley should be fired faster than you can say Ron Zook for that gaff. Foley should have been begging Spurrier to come back to lead the Gators, not posturing and acting holier-than-thou with his “I’m the AD [athletic director] and the AD is above the coach” routine.

The blunder of “Foley’s Folly” is just what South Carolina needed to land Spurrier, who in 12 years at Florida won the SEC title six times (’91, ’93, ’94, ’95, ’96, ’00), and ranked in the AP Top Ten in each of his final 123 weeks at the school.

The Spurrier-led Gators also won at least nine games each year he was at the school, including 10 in ’91 and ’94, 11 in ’93 and 12 in ’95 and ’96. Most importantly though, Spurrier delivered a National Championship to Gator Nation in 1996.

**Bottom Line:** Say what you want about Spurrier and his crimes against fashion, the man has shown he can flat out get it done at the college level. Holtz brought South Carolina from mediocrity to respectability in his six-year tenure at the school. Expect Spurrier to elevate the Gamecocks from respectability to SEC Champions. Anything after that is gravy on the turkey.

With that pun out of the way and the

*See GOAT, C-6*

**Capt. K.D. Robbins**

*The Professor*

All was well in the world ... at least until The Goat tossed a cup of ice my way and utter “heck” broke loose. We will go there next week.

This week we must pay homage to fair Steve Spurrier: He will not only turn the University of South Carolina into a winner, he will give the Gamecocks their first taste of national prominence since Douglas McKay led USC to a 3-0 season in 1907.

The best way to replace a legend, hire a legend. As Head Coach Lou Holtz rides off into the proverbial post-fight sunset, he leaves a personal endorsement for his long-time friend, Heisman trophy winner and architect of the Gator Nation.

Strom Thurmond would be proud, may he rest in peace. Not since the days of Robert Brooks, Sterling Sharpe and George Rogers has Columbia, S.C. been such a buzz.

Was it that long ago that the Palmetto State hosted a big game? In a word, yes. That will all change Nov. 12, 2005, when the Florida Gators invade Williams-Brice stadium.

It’s not all about the football. What Coach Spurrier brings in Xs, Os and wins pales in comparison to his charisma, confidence (often interpreted as “arrogance”) and aura.

His villainous star power is paramount throughout the Southeastern Conference. From LSU, to Tennessee, to Georgia, his mere presence will keep South Carolina’s high school football talent from bolting to SEC rivals in Baton Rouge, Knoxville or Athens.

It’s not just recruiting. For those skeptics who question the impact one man can have on a program, look no further than Norman, Okla. In five plus seasons as University of Oklahoma Head Coach Bob Stoops (Spurrier’s former defensive coordinator) has lost a mere 11 games, taken the Sooners to three BCS bowls and a National Championship, resurrecting the Barry Switzer-crippled OU program. Lest we forget where others: USC, California-Berkeley and LSU resided before coaching changes led to immediate success.

**Bottom Line:** College football remains the one football venue where the coach makes all the difference.

Pete Carroll has USC on top of the world, Jeff Tedford has the Cal Bears “golden” and Nick Saban has brought “death” back to Death Valley.

South Carolina is next: Give Coach Spurrier one year, one recruiting class and one press conference ... the city of Columbia, the University of South Carolina, the Southeastern Conference and college football will never be the same.

### Readers Strike Back

“The Professor totally scoffed Hawaiian sports.”

Aloha Bottom Line,

I am responding to a comment made by the Professor in the Oct. 29 issue. The Professor claims to be incapable of finding a Hawaiian sport in our beautiful state. Ouch! All that California Dreamin’ has gone to his head.

Year round, water enthusiasts young and old hit the water in outrigger canoes with races ranging from quarter mile sprints during regat-

ta season to the 41-mile granddaddy of all Hawaiian canoe races.

Each year in late fall, men and women don their neoprene shorts and club gear for the trek from Molokai to Oahu, the Molokai Hoe for men and the Na Wahine O Ke Kai for women.

Racers brave shark-infested waters and unpredictable weather conditions for the chance to be the best in the world. Yes, the world, as teams come from Canada, Tahiti,

Australia and others. And wow, this all happens right in our backyard.

The Professor totally scoffed Hawaiian sports. Paddlers train year round, in and out of the water. The sport has incredible history, incredible athletes and deserves incredible respect.

*Aloha,  
Kristin Herrick  
Honolulu, Hawaii*

# SPORTS AROUND THE CORPS

## Don’t let stress fractures ‘break’ you

**Lance Cpl. Cathryn D. Lindsay**  
*MCB Camp Butler*

**CAMP FOSTER, OKINAWA, Japan** — Service members are generally held to a higher physical standard than their civilian counterparts. Whether it’s through a semiannual physical fitness test or a conditioning hike with a pack, service members are constantly evaluated on their strength and endurance. Because of the constant physical training, service members are more susceptible to sports-related injuries.

One of the most common injuries affecting service members are stress fractures. Stress fractures are small cracks that develop in the bones from sustained, repetitious impact activity.

One theory is that stress fractures occur when the muscles surrounding the bone become fatigued and are no longer able to absorb shock. The fatigued muscle transfers the overload to the bone causing a small crack, or stress fracture, according to Lt. j.g. John J. Fraser, the division officer for physical therapy at U.S. Naval Hospital, Okinawa.

Stress fractures are most often the result of increasing physical activity too quickly, improper running style, changing running surfaces or improper equipment, like old, worn running shoes.

“Marines who come through the clinic with shin pain oftentimes do not run correctly,” Fraser said. “They run on their toes and spring off with each step. This type of running style is learned when Marines are used to sprinting short distances but can be detrimental when running longer distances.

“Proper running mechanics are important, especially utilizing a heel-toe transition during weight acceptance. Marines who run a lot (in boots) often suffer from stress fractures because



**Petty Officer 1st Class Benjamin P. Carrido, an independent duty corpsman, examines a patient’s leg X-ray at Evans Branch Medical Clinic Nov. 29. Symptoms of a stress fracture include tenderness around the area and pain, mostly occurring during and after physical activity. Swelling also may be present.**

heel weight acceptance is more difficult in boots while running.”

Most stress fractures occur in the lower, weight-bearing bones of the lower leg and foot. More than 50 percent of all stress fractures occur in the lower leg, according to one orthopedic Web site [www.orthoinfo.org](http://www.orthoinfo.org).

Symptoms of a stress fracture include tenderness around the area and pain, mostly occur-

ring during and after physical activity. Swelling also may be a symptom.

Even though a stress fracture is a crack in the bone, it may not be visible through a standard X-ray. A bone scan, which measures bone activity using nuclear medicine, is more accurate in locating stress fractures.

Stress fractures can be pre-

vented by gradually increasing physical activity, about 10 percent a week, Fraser explained. Proper warm-up time, and a lot of stretching will also help.

Footwear is very important in preventing stress fractures. Running shoes should be replaced about every 350 miles. A diet rich in calcium will help keep bones strong.

If a stress fracture has already been diagnosed the best treatment is rest because stress fractures often take more than eight weeks to heal. Pain relievers and anti-inflammatory medicines may be prescribed to treat symptoms. Physical activity should be resumed gradually.

Ice can be used to alleviate swelling and to reduce pain. Physical therapy can help by decreasing inflammation, increasing flexibility, strengthening the muscles surrounding the injured bone and through analysis and training in proper running technique. A cast or crutches are rarely needed.

Service members conscious of staying in good physical condition while recovering from a stress fracture should only perform non-impact exercises that do not traumatize the bone, such as swimming or the use of an elliptical machine, according to Fraser.

If a service member does not allow the injury to heal completely, the stress fracture could become larger.

Stress fractures are a common injury for service members and should not be taken lightly. Education is the best way to prevent a stress fracture. Just as the old saying goes, “If you take care of your body, it will take care of you.”

# Smoking can take lives

**Press Release**

*Naval Medical Clinic, Kaneohe Bay*

According to the Centers for Disease Control and Prevention, tobacco use remains the leading preventable cause of death in the United States, causing more than 440,000 deaths each year and resulting in an annual cost of more than \$75 billion in direct medical costs.

Nationally, smoking results in more than 5.6 million years of potential life lost each year.

Approximately 80 percent of adult smokers started smoking before the age of 18. Every day, nearly 4,000 young people under the age of 18 try their first cigarette.

Tobacco smoke contains more than 4,000 chemicals, many of which are toxic

to the body. Several of these chemicals — at least 60 — are carcinogens, which means that they have been proven to cause cancer in humans.

You are not alone in this battle, options are out there to assist you in quitting. There are smoking cessation classes held aboard Marine Corps Base Hawaii, Kaneohe Bay, and Pearl Harbor Naval Station, within the base medical clinics. They are held on Tuesday afternoons from 2 – 3 p.m.

Individuals must be prepared to go to four consecutive classes, with the first one starting on the first Tuesday of the month.

To register for classes at the Base Medical Clinic, Kaneohe Bay, call 257-2131.

Classes are also available at the

Makalapa clinic at Pearl Harbor. Classes are held at 10 – 11 a.m. or 6 – 7 p.m. on Wednesdays. Call 473-0247 to register.

**Tips to stop smoking**

- Drink lots of liquid — water is very good for you.
- Carry sugarless gum to chew.
- Find a friend who wants to quit to form a buddy system.
- Write down three reasons to quit and carry them with you.

Tobacco kills 1,200 Americans a day. It kills more than aids, drugs, homicides, fires, and motor vehicle accidents combined.

If you smoke regularly, your chances of

*See SMOKING, C-6*



GOAT, From C-3

Goat’s journalistic suicide complete, “The Bottom Line” would like to wish a Happy Thanksgiving to everyone! What a great day it is too, where men can sit on the couch all day watching foot- ball and still count it as fami- ly time. The Goat is just thankful it’s the Indianapolis Colts vs. Detroit Lions instead of the Indiana Pacers vs. Detroit Pistons. We’ll go there next week.

RACE, From C-1

fully sponsor a two-person military team from each mili- tary installation on Oahu — this sponsorship includes waiving race entry and clinic fees. Also, a free ropes and rappelling clinic will be offered to all U.S. service members on Sunday at Kailua Beach Park starting at 1 p.m. For more information and clinic dates check out www.adventureracehawaii .com.

SMOKING, From C-5

dying from smoking-related cause are 50 percent.

- Within only eight hours of quitting smoking carbon- monoxide levels in the blood drops to normal, and oxygen levels in the blood increases to normal.
- Within forty-eight hours of quitting smoking nerve endings start regrowing, and the ability to smell and taste is enhanced.
- Within one year of quit- ting smoking the risk of coro- nary heart disease is half that of a smoker.

FOOTBALL, From C-1

ball off to Hershfelt. Their drive was cut short when Kent Croft intercepted a pass intended for Christian Gonzales. But with a penalty on the play, the Bandits kept possession of the ball and continued to push up the field toward the goal.

Once the Bandits reached scoring position their forward momentum faltered a bit as the ball was fumbled in the end zone, but before the Warriors had a chance to capitalize on their mistake, the Bandits had already recovered the ball and were cele- brating their first touchdown of the game. Their point-scoring fury wasn’t over yet though. They took advantage of their adrenaline rush from the touchdown to add an additional two points to the board when Gonzales ran the ball in for the two- point conversion, giving the Bandits a 14-point lead.

The Warriors next possession proved their mind- set was growing weary and their confidence had been tarnished, but they weren’t ready to quit just yet. Provence made the first big play when he blast- ed through two defenders to gain a first down. Then it was up to Martin to pull the team along, but a sack in the backfield led the Warriors to a fourth down, with nothing left to do but pass. Borrego ran hard to the right and nearly caught the first down pass, but the ball slipped through his fingers and the Bandits took over to begin the fourth quarter.

After a couple of good plays by Calvin Wheelous, Thomas went for a long pass only to let Warrior defender Provence reach up and snatch it out of the air and return it for a nearly 35-yard run.

The Warriors luck didn’t last long, after a near touchdown that slipped out of Borrego’s hands, the Bandits took the ball back with their own intercep- tion.

Thomas wasted no time throwing out quick pass- es and gaining easy ground for the Bandits as the Warriors defense did their best to hold them off. Hershfelt and Gonzales created an unstoppable receiving team though and quickly put the Bandits in goal territory. Thomas made the touchdown with a quarterback sneak into the end zone and Legros added his signature kick to put another point on the board making the game 21-0 in favor of the Bandits.

With less than five minutes left in the game, most Warriors fans had given up hope of a win and settled in for the final possession. But the Warriors offense had one last thrill planned for their spectators as they came on the field with the force not seen since their last game against 3rd Marine Regiment.

Martin made the first move for a first down up the right side. Then Provence came in for the sec- ond first down. With the rest of the offense provid-



Cpl. Megan L. Stiner

**Headquarters Battalion Warriors defenders Carlos Mora and Montrell Coleman attempt to finish Stephon Herberts tackle and stop one of the Bandits runners from advancing any further up the field during the championship game Tuesday. The Bandits ended the season on top of the Warriors in a 21-6 point defeat.**

ing excellent blocks, Borrego was not to be left out of the action. He added the third first down in four plays and put the offense within two yards of a goal. Fullback Carlos Mora went up the middle for the touchdown and the Warriors were on the board. Their two-point conversion ended up falling short of the end zone, but the Warriors had succeeded in pre- venting a shutout.

With the game in their pocket the Bandits went through the motions until the time had nearly run

out punting the ball.

The Warriors couldn’t make any final plays with 20-seconds left and so the championship game ended with loud rejoicing from Bandits fans and team members before each member received a tro- phy during the awards ceremony.

“I could have not asked for a better effort from my guys,” said Bandits Head Coach Richard Hargrave. “It was a good hard-fought game and everyone on this team deserves this championship.”

# CDC advises on antibiotics

**Press Release**  
*Centers for Disease Control and Prevention*

The Centers for Disease Control and Prevention (CDC) has news for parents this cold and flu season — antibiotics don’t work for a cold or the flu.

Antibiotics kill bacteria, not viruses. And colds, flu and most sore throats are caused by viruses. Antibiotics don’t touch viruses — never have, never will. And it’s not really news. It’s a long-documented medical fact.

But tell that to parents seeking relief for a child’s runny nose. Recent research shows that most Americans have either missed the message about appropriate antibiotic use or they simply don’t believe it. It’s a case of mistaken popular belief winning out over fact.

According to recent public opinion research, there is a perception that “antibiotics cure everything.”

Americans believe in the power of antibiotics so much that many patients go to the doctor expecting to get a prescription. And they do. Why? Physicians often are too pressured for time to engage in lengthy explanations of why antibiotics won’t work. And, when the diagnosis is uncertain — as many symptoms for viral and bacterial infections are similar — doctors are more likely to yield to patient demands for antibiotics.

**Risk of antibiotic resistance**

The problem is, taking antibiotics when they are not needed can do more harm than good.

Widespread inappropriate use of antibiotics is fueling an increase in drug-resistant bacteria. And sick individuals aren’t the only people who can suffer the consequences.

Families and entire communities feel the impact when disease-causing germs become resistant to antibiotics.

The most obvious consequence of inappropriate antibiotic use is its effect on the sick patient. When antibiotics are incorrectly used to treat chil-

dren or adults with viral infections, such as colds and flu, they aren’t getting the best care for their condition. A course of antibiotics won’t fight the virus, make the patient feel better, yield a quicker recovery or keep others from getting sick.

A less obvious consequence of antibiotic overuse is the boost it gives to drug-resistant disease-causing bacteria.

Over the last decade, almost every type of bacteria has become stronger and less responsive to antibiotic treatment when it really is needed.

These antibiotic-resistant bacteria can quickly spread to family members, schoolmates and co-workers — threatening the community with a new strain of infectious disease that is more difficult to cure and more expensive to treat.

According to the CDC, antibiotic resistance is one of the world’s most pressing public health problems.

Americans of all ages can lower this risk by talking to their doctors and using antibiotics appropriately during this cold and flu season.

